

WHAT IS CLAIMED:

1. A shim comprising  
a body having first and second faces,  
a plurality of grooves and ridges formed in the body along the first  
5 face, and  
a rim extending about the plurality of grooves.
2. The shim of claim 1 wherein the rim is contiguous with the surface of  
the first face beyond the plurality of grooves and ridges.
3. The shim of claim 1 wherein the rim extend about the outer  
10 boundaries of the first face.
4. The shim of claim 1 wherein the base of each groove of the plurality  
of grooves and ridges forms a break line.
5. The shim of claim 4 wherein the break lines are spaced apart at a  
predetermined distance.
- 15 6. The shim of claim 5 wherein the predetermined distance is about  
3/16 inches.
7. The shim of claim 1 wherein the body comprises a mixture of plastics  
and fiber.

8. The shim of claim 7 wherein the mixture of plastics and fiber comprises plastic in a range of about 66% to 75% by weight and fiber in a range of about 22% to 29.5% by weight.

9. The shim of claim 8 wherein the mixture of plastics and fiber  
5 comprises plastic at about 71% by weight.

10. The shim of claim 8 wherein the mixture of plastics and fiber comprises fiber at about 25% by weight.

11. The shim of claim 7 wherein the plastics in the mixture of plastics and fiber includes polyolefin thermoplastics.

10 12. The shim of claim 11 wherein the polyolefin thermoplastics have a melt flow rate (MFR) of about 25 to 35 g/10 minutes.

13. The shim of claim 7 wherein the fiber in the mixture of plastics and fiber comprises cellulose fiber.

14. The shim of claim 13 wherein the cellulose fiber is sourced from  
15 paper mill reject streams.

15. The shim of claim 13 wherein the cellulose fiber is source from paper sludge.